To be Read at First Meeting of Union.

Woman's Christian Temperance Union

OF ONTARIO.

HYGIENE and HEREDITY

DR. LELIA A. DAVIS,
Superintendent.

HQ 1455
D3

Hygiene and Heredity.

WASHINGTON AVE., TORONTO, January, 1894.

DEAR FELLOW-WORKERS:

I hereby send you two pamphlets, one by Dr. Kellogg, on the Influence of Dress, and one by myself, giving as well as I can in short space the present position of the Dress Reform Question.

It is thought advisable for this year to turn the energies of this Department in the direction of forwarding this reform. For this purpose we recommend,

1st. Earnest study of the question in Local Unions by reading and discussion (the list of literature given with my pamphlet is quite comprehensive and will lead to wider reading), by addresses from physicians and others qualified to speak on the subject and by any other methods which may suggest themselves.

2nd. The distribution of the pamphlets inclosed and other suitable literature for the purpose of arousing attention among women in general. Cannot your Union undertake to distribute at least one hundred of my leaflets and to sell a certain number of Dr. Kellogg's pamphlets? Anyone interested in the subject will be ready to pay the small price of the latter.

3rd. Endeavors to bring the question to the attention of all women's organizations, and especially those composed of young women.

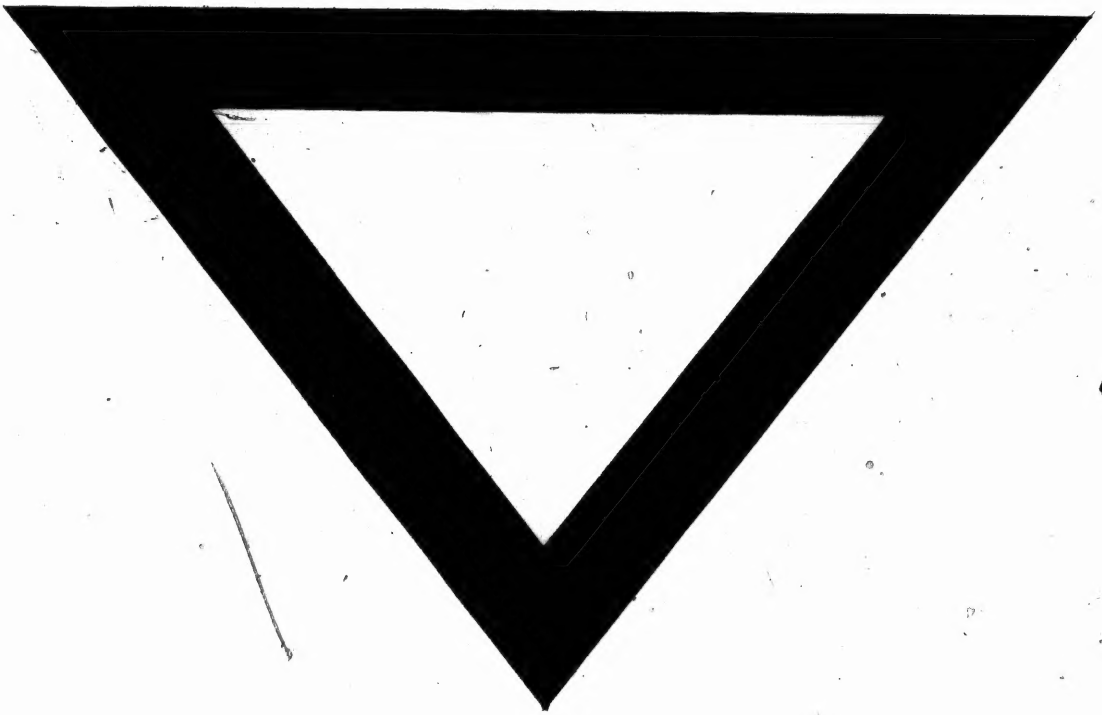
4th. The circulation of the enclosed paper for signatures after study of the question has aroused an interest. This paper was formulated by the Woman's National Council of the United States and has received a great many signatures there. It would certainly tend much to give us confidence in the success of the movement if, at our next Provincial Convention, we could point to a large number of women who had thus signified their willingness to give their influence to a more rational mode of dress

Please return this paper with signatures obtained and also a report of the work done in this Department of your Union to your County Superintendent, or if you have no County Superintendent directly to me, by June 1st, 1894.

If you have no Superintendent in your Union, please appoint one at once to take charge of this work.

I trust this appeal will receive a hearty response from the W. C. T. U. of Ontario. It is doubtful if any single reform would do more for the benefit of the human race than this. If it seems unimportant to you, I am sure some study of the question will be sufficient to enlist your sympathy and support.

I shall be glad to answer any questions and give any assistance possible.

Yours sincerely,

LELIA A. DAVIS,